

# HANDWASHING

is the best way to prevent the spread of infection.

You're at work - you're busy.

Your hands look clean - but, they're not.

**Your hands have germs on them that could make someone sick.**

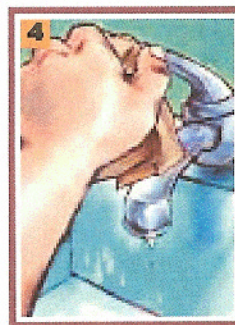
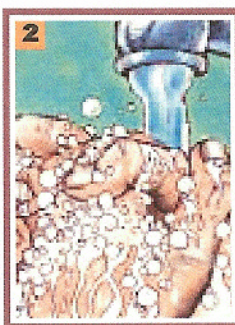
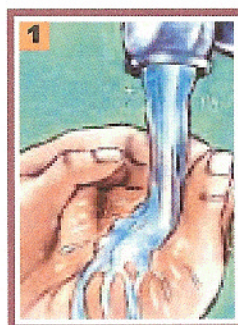
You could get sick - Your family could get sick - Your customers could get sick.

**If you handle food, you must wash your hands often.**

## WHEN

should you  
wash your HANDS?

- When arriving at work
- After using the bathroom
- After smoking
- After sneezing
- After touching your hair, face, clothing
- After eating or drinking
- After taking off or before putting on a new pair of gloves
- Before handling foods, especially ready-to-eat foods like salads and sandwiches
- After handling garbage
- After handling dirty equipment, dishes, or utensils
- After touching raw meats, poultry and fish
- Anytime you change tasks - go from one



## HOW

should you  
wash your HANDS?

- Wet your hands with warm running water
- Lather with soap and scrub between fingers, on the backs of your hands and under nails. Wash for at least 20 seconds, or as long as it takes to sing "Happy Birthday" to yourself twice
- Dry hands. Use single-use paper towels or electric hand dryers
- Use a paper towel when you turn off the tap

## GLOVES

should be changed?

- Anytime you would need to wash your hands (see left)
- When they are torn or soiled

The Houston Department of Health and Human Services